

Your child may have been exposed to:

Chickenpox

Chickenpox is a viral illness and is a common illness for children. It may be prevented by vaccination.

If you think your child has **chickenpox**, tell your childcare provider or call the school.

Keep your child home from childcare and school until all blisters have dried into scabs. This is usually by day 6 after the rash began. If your child has chickenpox they need to stay home, even if they previously had the chickenpox vaccine.

Do not give aspirin or salicylate-containing medicine to anyone under 18 years of age.

For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

Symptoms

Your child will have a rash that begins as red bumps. The bumps will blister over and then form scabs. Your child may also have a fever.

If your child is infected, it may take 10-21 days for symptoms to begin.

Spread

- By touching the blister fluid or secretions from the nose or mouth of a person with chickenpox.
- By coughing or sneezing.

Contagious period

From 1 to 2 days before the rash begins until all blisters have become scabs. Scabs usually form within 6 days.

Call your health care provider

If someone in your home:

- develops a rash with fever. Your doctor will decide if treatment is needed. **Do not go to a health care facility without calling first.** You will be separated from others to prevent spread of illness.
- has been exposed to chickenpox and has not had chickenpox disease or vaccine in the past. This is especially important for those who are pregnant or immune compromised.

Prevention

- In Minnesota, all children 15 months and older attending childcare or school must be vaccinated with varicella vaccine, have a history of disease, or have a legal exemption.
- Cover nose and mouth when coughing or sneezing. Use a tissue or your sleeve. Dispose of used tissues in the trash.
- Wash hands after touching anything that could be contaminated with secretions from the nose and mouth, or fluid from the blisters. Your child may need help with handwashing.
- Clean and disinfect any objects or surfaces that come in contact with secretions from the nose or mouth. Use a product that kills germs.